

May You Be Like Ephraim and Sarah
Sample Parental Blessings to B'nei Mitzvah

On behalf of the entire North Shore Congregation Israel family, we wish you and your family a hearty *Mazel Tov* — “Congratulations”! We are grateful for the opportunity to celebrate your child’s Bar/Bat Mitzvah with you, and look forward to working with you to craft a celebration that is meaningful for your child and your entire family.

It is our custom to invite the Bar/Bat Mitzvah’s immediate family forward during the Bar/Bat Mitzvah ceremony to offer a short blessing or reflection. We invite you to choose from the collection of Parental Blessings below, or to offer a personal blessing that you write or find elsewhere. We ask that you share your words or identify which of the below selections you have chosen with the rabbi or cantor in advance of your child’s Bar/Bat Mitzvah. Please know that if you choose to create your own personal blessing, the rabbi or cantor is available to help you articulate your prayer.

Parental Blessing 1

May you live to see your world fulfilled,
 may your destiny be for worlds still to come,
 and may you trust in generations past and yet to be.
May your heart be filled with intuition
 and your words be filled with insight.
May songs of praise ever be upon your tongue
 and your vision be on a straight path before you.
May your eyes shine with the light of holy words
 and your face reflect the brightness of the heavens.
May your lips speak wisdom and your fulfillment be in righteousness
 even as you ever yearn to hear the words of the Holy Ancient One of Old.

Parental Blessing 2

_____, on this day of your Bat/Bar Mitzvah, when you have reached the age of spiritual maturity and when you are responsible for your own actions, we feel as though you are ready to take on the challenge of adulthood.

May your quiet strength lead you to a life where you continue to make good decisions, even when they may not be popular with others, where you do what you think is the right thing.

May your kindness to all lead you to a life filled with loving friends and family.

May your tendency to help those less fortunate than you lead you to a life filled with acts of good deeds.

May your common sense and wisdom lead you to a life filled with well thought out decisions.

May your intelligence and diligence lead you to a career that you are passionate about.

May your beauty and sensitivity help enhance the splendor of the world.

May your study of Torah and Judaism lead to a continuation of the observance of Jewish traditions for another generation.

We wish that you take the talents and beauty you possess today and strive to make the world a better place than you found it.

Parental Blessing 3

May you embrace life to the fullest.

May you confront your fears and not allow them to paralyze you in pursuing what you love.

May you view this world as a safe, unthreatening and funny place in which to dwell.

May you one day fully appreciate the extraordinary gifts that you have been given of empathy, kindness, intelligence and beauty.

May your sense of humor always be close to you and comfort you through difficult times.

May you always remember this extraordinary day—and your Jewish mothers and fathers who came before you and made it possible for you to stand here today as a Jew.

May God smile upon you, bathe you in sunlight and embrace you with love.

Parental Blessing 4

Our blessing for you is that you carry the lessons you have learned from your commitment and perseverance in preparation for your Bat/Bar Mitzvah with you on your journey through life. May you continue to be a good and caring person and a blessing to those around you. May your life be filled with love and peace. We are proud of you and we love you more than these few words can say.

Parental Blessing 5

_____, surrounded by our family, friends and community,

This is the blessing I have for you:

May you have the ability to make your hopes and dreams come true.

May you be blessed with patience and understanding,
with wisdom and compassion, in your mind and heart.

May your deeds support righteousness,
and your goodness serve as an example to others.

May your enthusiasm for learning continue throughout your life,
and bring you great personal joy and fulfillment.

May your eyes shine with the light of the Torah,
and your voice be filled with song.

May your Judaism not be just something inherited, but something to be
discovered and explored.

Mazel Tov!

Parental Blessing 6

With tremendous joy and pride;

In the presence of God, friends, family, clergy and congregation;

We offer you this blessing, _____;

On this day of your Bar/Bat Mitzvah:

May your sensitivity to others less fortunate compel you to act on their behalf in the

spirit of Tikkun Olam, repair of the world.
May your love of learning inspire you to seek knowledge
and engage in the exploration of Torah.
May your passion and enthusiasm propel you to spread joy and hope
and possibility to those whose lives you touch.
May your spirit of adventure lead you to fully experience all that life has to offer.
May your self-confidence and determination fortify you in times of uncertainty.
May you take the gifts and talents that you have been given
and make the world a better place for all.
May you always remember this special day
and cherish the memory of your Jewish ancestors who came before you
and made it possible for you to stand here today
with pride in being a Bat/Bar Mitzvah.
We love you, _____!

Parental Blessing 7

My hope for you is that you move through life as gracefully as you move on the field or in the snow coming down a bump run at Alpine or Squaw. And that you keep on bombing down hills. And that you keep on discovering and creating new moves. And that, when you fall, you remember to roll as only you can; and that you remember this moment that we have now.

May you have the ability to make your hopes and dreams come true and may you see your visions come to be. May you be blessed with patience and understanding. With wisdom and compassion, in your heart and deeds. And know that you are loved.

Parental Blessing 8

My blessing for you:

Be interested in everything. Be curious, explore, adventurous, drink in everything, have fun but also be serious. Make a difference. Don't sit back and watch, go for it, take risks, be involved, help other people, help this planet. Honor your Jewish heritage and traditions. Have a purpose in life. Let me say that again: have a purpose in life. Your purpose gives meaning to your life. May you pursue justice and be a blessing to others. May you feel passionate about the social injustice in this world and may you do your part in helping to repair the world. May you continue to study Torah to help shape you

into a better human being. May you love reading and read many books. May you be not just smart, but become wise. May you look beyond the surface of things. Life is about making choices. May you have the courage and good judgment to make good choices in your life.

I love you.

Parental Blessing 9

What I wish for you, I wish for all our children.

I wish for you to be a person of character,
strong but not tough, gentle but not weak.

I wish for you to be righteous but not self-righteous
honest but not unforgiving.

Wherever you journey, may your steps be firm
and may you walk in just paths and not be afraid.

Whenever you speak, may your words be words of wisdom and friendship.
May your hands build and your heart preserve what is good and beautiful in our world.

May the voices of the generations of our people move through you
and may your God as well.

May you know that there is a people, rich heritage, to which you belong
and from that sacred place you are connected to all who dwell on the Earth.

May the stories of our people be upon your heart
and the grace of the Torah rhythm dance in your soul.

Parental Blessing 10

May you always be able to articulate your hopes for the future.

May you be guided by the wisdom of the Torah
and our ancestors even as you find your own way.

May you climb the highest mountains
and know that you have the strength to keep going

even when you want to quit.

May you always know that you are never alone on life's journey.
May you have the courage to be who you are
and to stand up for your ideals, even when it is not popular.
May you choose your own path
and never let others steer you in the wrong direction.

May you always have the freedom to be exactly who you are
May you use your strengths for good,
and may you come to know your own power.
May you remember that your actions matter —
that what you do in life matters,
so that you make a difference in the world for the better.

May you always remember that the blessing is in the journey.
May your eyes shine with the light of Torah
and may your face be radiant with your inner light
that you share with the world.